

Himalayan Anti Aids & Anti Narcotic Drugs Society (HANDS)

Annual Report

2015-2016

Acknowledging the ever growing fact of chemical dependency and substance abuse, HANDS worked tirelessly this year as well. Minute details were taken into consideration to render services to the community in abundance. Even in this era, rehabilitation centers are still stigmatized in this part of the world. Intense effort, time and energy are invested in investigating every individual patient who come with their own unique set of problems. This is done to bringing about changes in an effort to make them productive and responsible members of the family and society at large. This mammoth task is conducted on a daily basis in the rehabilitation centre as well as in the Day Care Centre. The Day Care Centre also provides therapeutic family classes and individual counseling to the suffering families as this is vital in providing wholesome treatment for desirable results. This is taken forward further in various preventative and curative measures mentioned below.

Preventative:

14th&15th.April 2015. As usual Kalimpong Regional Youth Fellowship, UCNI, had organized a very substantial and resourceful two day seminar to educate the outgoing students of classes 10 and 12. The primary focus of the seminar was to prepare and strengthen the youth to face new challenges they may come across as they venture out away from home to pursue higher studies.

26th. June 2015. HANDS commemorated this significant international day by motivating students and government departments like the police in fighting the menace of drug abuse and illicit trafficking in a

more intense and effective manner. Students of three prominent schools like SUMI, Dr Graham's Homes and Kumudini Homes along with the entire police contingent comprising of the ASP, IC and other officers and HANDS members participated in a rally with placards giving message of the adverse effects drug abuse. The rally went around town and concluded with an awareness program on the same subject and was addressed by HANDS resource persons like Mr Bharat Mani Pradhan, Mr Palden Tamang and Mr Bidhan Ratna Pradhan. HANDS was indeed very successful in carrying the message to the people of Kalimpong.

25th.July2015. Don Bosco Jyoti technical School, Kalimpong has always taken the help of HANDS in educating their students about drug abuse and HIV/ AIDS. The institution had again organized an intense awareness program in its premises and the HANDS team lead by Mr Bidhan Ratna Pradhan conducted a power point presentation and Mr Palden Tamang delivered information on HIV/AIDS and also gave his personal testimony.

1st. December 2015. WORLDS' AIDS DAY. Acknowledging the importance of this international day HANDS participated in a program organized collectively by NGOs of Kalimpong. The program started with a rally around town lead by the ASP and officers of Kalimpong police station, followed by members of Christian Motorcyclist Association, HANDS and various other organizations. The program ended with the staff and volunteers of HANDS putting on the symbolic Red Ribbon on all passersby and taking two minutes of their time in explaining the importance of the day.

Curative

With the intention of inculcating a sense of patriotism and a sense of contributing to the nation HANDS celebrated Independence Day in its

own humble capacity by starting off the day with a parade and a speech on the contribution of the freedom fighters of our country. The patients saluted the tricolor after slogans of “Vande Mataram” and singing the national anthem. The patients sang solo and group songs to arouse the feeling of patriotism. There were indoor games too for their entertainment.

The Committee Members keep meeting on a regular basis for brainstorming sessions, seeking ways and means to run the organization in a more effective manner and also finding appropriate channels in reaching out to the society at large.

In order to make the patients feel at home and make them enjoy the festive season without use of any mood altering substances, HANDS celebrated Dashera and Dipawali with a lot of fun and gaiety keeping in mind all rituals required for the festival. The ever supportive neighbors welcomed the HANDS team for “Dewsee”. The group put up a very impressive and energetic performance and enjoyed themselves with fire crackers and dance.

HANDS celebrated Christmas with a proper Christmas service which was conducted by the Kalimpong chapter of Christian Motorcyclist Association (C.M.A). The celebrations started with carols and hymns followed by a religious service which mainly focused on making the patients realize the significance of Christmas instead of just the merry making aspect. The C.M.A. members concluded the celebrations by cutting a Christmas cake and distributed it with all present in the rehabilitation centre.

13th.March 2016. Since related diseases like Hepatitis B/C and HIV/AIDS are quite common among chemically dependent and substance abusers HANDS tied up with a company by the name of Abbott Viroclear and conducted a free hepatitis camp in the Rehabilitation Centre. The company had provided qualified technicians

along with the testing kits free of charge for all concerned in and outside the rehabilitation centre.

The figures as per the performance chart and registers are as follows:

Rehabilitation Centre

Patients treated in the rehabilitation centre: 71

Chemically dependent: 26

Alcoholics: 37

Poly (Both): 8

Total no of patients succeeded after discharge: 41

Out of which its categorized as (Alcoholics- 22, Chemically dependent – 19, Poly – 0)

The annual success rate of the rehabilitation centre in percentage is – 57.74%

Day Care / Drop in Centre

Patients treated in the Day Care Centre: 572 (out of which 93 individuals on a regular basis)

(Regular)Chemically Dependent: 52

(Regular)Alcoholics: 29

(Regular)Poly (Both): 12

Family Classes in Day Care Centre

Total No of family classes conducted on a weekly basis (every Saturday): 50

Total No of family members attending classes: 736

Derived from experience and with the need to experiment new methods in treating chemically dependent people, HANDS had introduced the one year treatment module in the previous financial year 14-15. This apparently is a new treatment concept in the entire region. This particular module was taken forward with a more systematic approach which required intense involvement with the patients as well as with the suffering families over a long period of time. Though very demanding, it yielded extremely good results with almost no failures. Observing the ever growing numbers of mentally effected people as a result of prolonged substance abuse, it is indeed very frustrating to carry forward the work in tackling and helping these mentally effected patients with almost nil technical and infrastructural provisions. Due to this constraint, adequate help is still at large and success rate with this particular section of patients is sadly dwindling. Fortunately, HANDS received a helping hand from Rotary Club of Kalimpong in tying up with the department of psychiatry, Manipal Hospital, Sikkim which has offered to help with their expertise. They will be admitting patients referred by HANDS in their hospital .

HANDS had a very joyful and encouraging year getting boosted by the 57.74 % success rate. We can look back with a lot of satisfaction as we were able to bring back more than half of our patients back to main stream society. They have become contributing members of the nation and brought happiness to their families and to the whole community.